



NAMI San Diego, a nonprofit organization, provides *free* education, support services, and advocacy to improve the quality of life of *everyone* affected by mental illnesses.

NAMI San Diego Helpline. Help starts here. Provides education, information, and referrals to build callers' ability to obtain proper services and cope with life situations. Funded by County of San Diego 800.523.5933 information@namisd.org

NAMI San Diego Education and Advocacy Meetings. Member and public information about mental illnesses, their treatment, recovery and family and friends' support. www.namisandiego.org

Family-to-Family. 12-week education program for families. Complete information about mental illnesses and understanding and supporting the relative living with the illness as well as wide array of coping skills. Funded by County of San Diego.

Peer-to-Peer. 10-week education program for people living with mental illnesses. Information about illnesses, treatment, relapse prevention, and living well. Funded by County of San Diego.

NAMI Basics. 6-week education program for families and caregivers of children and adolescents. Information about mental illnesses, coping, multiple system services, and community resources.

Parents and Teachers as Allies. Introductory program for teachers and others in schools to increase awareness of early onset mental illnesses and to encourage working relationships among school personnel and parents.

NAMI Support Groups. Structured support groups for family members and others – open to all that need the assistance. Provide both ongoing support and help with crisis management. Regularly offered throughout the county.

NAMI Connections Groups. Weekly structured support groups open to all consumers – those with the direct lived experience of mental illness.

Senior Mental Health Partnership. Provides education and advocacy to improve the quality of life of older adults and their families. Monthly education meetings. Bi-annual conferences for professionals. Special materials to help understand the behavioral health issues of older adults.

Friends in the Lobby: Regular outreach to patients and their visiting relatives and friends in San Diego area hospitals.

NAMI Walk. Annual. 5 K walk and large resource fair for the entire community. Raises awareness of mental illnesses while reducing stigma. Fundraiser for all programs except HHSA Contracts and Scholarships. anniedunlop@namisd.org

Inspirational Awards and Dinner. Annual. Recognition of individuals and programs that inspire the community to follow their lead making recovery possible for people living with mental illnesses.

Latino Satellite Sites. Spanish language outreach to patients and families at primary care clinics to provide peer-based information about mental illnesses and treatment and about NAMI services.

Elder Multicultural Access and Support Services: Outreach to Latino Older Adults in the South, Central, and North Inland regions of the County with the goal of providing mental health prevention and early intervention services. Funded by County of San Diego.

Newsletters: Monthly NAMI San Diego Advocate, paper and eNewsletter; other eNewsletters: Senior Mental Health Partnership; NAMI San Diego Stigma Busters; Weekly Reader.
information@namisd.org

Speakers Bureau and Other Specialized Outreach and Training. Consumer and family member presentations about mental health issues to fit the needs of the audience.

In Our Own Voice (IOOV) Speaker Presentation. IOOV is a powerful public speaking program focused on spreading the message of recovery with living examples. It provides hope and opportunity to both the audience and the presenters. The program features two presenters and a DVD of others who all live with mental illnesses. They take the audience on a personal journey through the five stages of recovery, illustrating how recovery is not a singular event, but a multi-dimensional journey. Topics covered include: dark days, acceptance, treatment, coping skills, and successes, hopes and dreams.
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Government Relations and Advocacy Committee. Provide information to policy makers about mental health community needs and the affect, positive or negative, of planned actions on the lives of people living with mental illnesses and their families.

Journey Through Wellness. Wellness Workshop and Resource Fair to help people learn effective techniques to better take care of themselves. People with mental illness are much more likely to have classic heart-risk factors, such as cigarette smoking, obesity, diabetes, elevated cholesterol and hypertension (high blood pressure), some of which can be compounded by some anti-psychotic medications. The risk factor for diabetes and “metabolic syndrome” (a condition that can be a precursor to diabetes) is also greater for those taking atypical anti-psychotic medications.

Mental Health Pathway: A Community Academy.

The program offers six certificates that will set you apart in the workforce. These certificates will also be translated into academic credit that may be used for post-secondary education. The Academy is free and offers some financial assistance to those in need. Partners include, NAMI San Diego, Recovery Innovations of California, Family Youth Roundtable, and Alliant University. Funded by County of San Diego

HOPE Connections (NEW PROGRAM).

The HOPE team provides clients and family members who visit the county Emergency Psychiatric Units (EPU), and designated mental health clinics with onsite support and assistance with resources for successful recovery and reentry into the community. The HOPE team consists of trained Peer Specialists, Family Member Specialist, and RN's who have lived experience with serious mental illness. The program provides assistance with referrals to community mental health recovery education, and

support programs as well as help with common community reentry resources and assistance for clients and families. Funded by County of San Diego.

H=Help and Support

O=Options for personal recovery (consumers and family)

P=Peer focused (consumers and family)

E=Experience personal and professional

Mental Health First Aid (NEW PROGRAM) raises ones awareness of the importance of being mindful of mental health and how to respond in a mental health emergency and offer support to someone who appears to be in emotional distress. The Mental Health First Aid course sharpens those skills and empowers people to know what the correct and appropriate response is. People that want to know how they can appropriately respond to individuals that may be experiencing anxiety, depression and other symptoms that can be relieved by receiving appropriate professional help can attend this 12 hour course. It will be a course that is 6 hours a day for two days usually split between two Saturdays. In conjunction with other NAMI San Diego education programs, Mental Health First Aid helps to bridge the gap between those directly affected by mental illnesses and those who may one day be affected.

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Ending The Silence (NEW PROGRAM). This 50 minute program is devoted to giving school age students an opportunity to learn about mental illness through presentation, discussion, and personal testimony. The students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. The program is delivered by a two person team including a trained consumer/presenter who shares his own journey with mental illness, and can relate to the student population. Students are given a resource card with valuable phone numbers and websites for mental health agencies along with a list of symptoms/warning signs. At the conclusion of the presentation, postcards are mailed home to parents informing them of the “Ending The Silence” program and information regarding the programs and services of NAMI San Diego.